

THE HEALTHIER WAY TO EAT OUT

Unlike packaged food, food bought from cafes and restaurants does not have to show nutritional information, so choosing the healthier options may not always be obvious, or easy. However, eating out can be enjoyable and healthy.

Don't skip meals before heading out to eat

Skipping meals can make you hungrier later and choose more unhealthy options. You're more likely to eat more than you need. It's better to eat balanced, regular meals throughout the day.

Watch how much you eat

- Order from the menu instead of heading towards the "all you can eat buffet".
- Order an entrée size meal rather than a main course, or share with a friend.
- Fill up on your side orders of salad or vegetables.
- Eat your food slowly and stop before you feel full.

Ask some questions & know what you're getting.

Here are some tips to order a tasty, healthier meal:

- What's in the dish?
- Can you swap fries for a healthier side? e.g. roast potatoes, salad or vegetables
- Ask for dressings and sauces to be placed on the side
- Can you have a smaller portion of meat and larger portion of salad/vegetables?
- How is it cooked? Can the dish be grilled rather than fried?

Be prepared

Here are some healthy swaps you can make when eating out:

Starters



Mains



Desserts



Extras



Healthier drink options

Tap, mineral or sparkling water flavoured with fresh lemon, lime or orange wedges.

Avoid sugary drinks and drinking alcohol where possible.

